

Quarantine Tracker

COUNTING THE DAYS*						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Date of Last Contact	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	Leave Quarantine				

For 14-day quarantine: date of last contact with an infectious person is Day 0, then count 14 days. On Day 15, you are released from quarantine and can return to school, work etc.

*This chart is meant for reference purposes only. Our contact tracing team may recommend a different quarantine period based on individual circumstances.